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Bassai Dai Kata: Step-by-Step Syllabus

Preparation

- Stand in musubi-dachi (heels together), bow, announce "Bassai Dai."
- Move to yoi (ready) position: feet together, right fist covered by left hand in front of your body[1] [2] [3].

Movements Overview (Key Steps)

1. Leap forward with right foot into kosa-dachi (cross stance), double inside-outside block (morote-uke)[1] [2] [3].
2. Turn 180°, left chudan uchi-ude-uke (inside forearm block) in zenkutsu-dachi (front stance) [1] [2].
3. Right chudan uchi-ude-uke in zenkutsu-dachi[1] [2].
4. Turn left, left chudan soto-uke (outside block) in zenkutsu-dachi[1] [2].
5. Right chudan soto-uke in zenkutsu-dachi[1] [2].
6. Multiple transitions with uchi-uke and soto-uke, emphasizing hip rotation and strong stances[1] [4] [2].
7. Series of shuto-uke (knife-hand blocks) in kokutsu-dachi (back stance)[4] [2].
8. Fast double block combinations, including awase-tsuki (combined punches) and scooping blocks[4] [5].
9. Stamping kicks (fumikomi geri), tetsui (hammerfist) strikes, and dynamic turns[4].
10. Final sequence: shuto-uke with kiai (spirit shout), return to yoi, and bow[1] [4] [2].

Key Points

- Focus on hip rotation, speed, and power.
- Maintain strong stances and precise technique.
- Practice transitions smoothly, especially the turning and blocking sequences[4] [5].

Bassai Sho Kata: Step-by-Step Syllabus

Preparation

- Bow in musubi-dachi, announce "Bassai Sho."
- Move to yoi position (similar to Bassai Dai)[6] [7].

Movements Overview (Key Steps)

1. Step forward with right leg, right hand block, repeat for three steps[6].

2. On the third, step back and compress body, shifting from kokutsu-dachi to zenkutsu-dachi[6].
3. Multiple hand techniques, including open-hand blocks and strikes, emphasizing fluid transitions[6] [7].
4. Incorporates more open-hand techniques and upward blocks compared to Bassai Dai[7].
5. Includes unique movements like scooping blocks and dynamic stance shifts[7].
6. Final sequence: strong shuto-uke with kiai, return to yoi, and bow[6] [7].

Key Points

- Bassai Sho is more intricate, with smaller, sharper movements and advanced hand techniques.
- Focus on body compression, hip turns, and precise timing[6] [7].

For detailed video walkthroughs, refer to step-by-step tutorials for both katas[1] [8] [6] [7]. Practice each movement slowly, then increase speed as you gain confidence and accuracy.

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1. https://www.youtube.com/watch?v=Qpt3W7Y06Kg
2. http://kata.blackbelt.ie/bassai-dai/
3. https://www.themartialway.com.au/bassai-dai/
4. https://jaapkooman.nl/documents/kyokushin_karate/bassai_dai_v81.pdf
5. https://www.shotokankarateonline.com/blog/bassai-dai-tutorial-1/
6. https://www.youtube.com/watch?v=zpnA13Vg1lY
7. https://www.shotokankarateonline.com/blog/bassai-sho-kata-tutorials/
8. https://www.youtube.com/watch?v=Jxh2CKsdI70